



PILATES 1901

school

FALL 2020

SCHEDULE

COACHING OPPORTUNITIES

WEEK 1: PREP & PLAN

Group Coaching Zoom
Wednesday, Sept 30 @ 630 pm

WEEK 2: PLANT DETOX

Group Coaching Zoom
Wednesday, Oct 7 @ 630 pm

WEEK 3: GOING PEGAN

Group Coaching Zoom
Wednesday, Oct 14 @ 630 pm

WEEK 4: WHAT'S NEXT

Group Coaching Zoom
Wednesday, Oct 21 @ 630 pm

